



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
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COMMUNITY EDITION

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Help Kids Develop Healthy Habits

To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.



Help Kids Stay Active

In addition to being fun for children and teens, regular physical activity has many health benefits, including:



- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety
- Increasing self-esteem
- Helping with weight management



Children and teens should participate in at least 60 minutes of moderate intensity physical activity most days of the week. Some examples of moderate intensity physical activity include:

Brisk walking
Jumping rope
Swimming

Playing tag
Playing soccer
Dancing

In addition to encouraging physical activity, help children avoid too much sitting time. Although quiet time for reading and homework is fine, limit the time your children watch television, play video games, or surf the web to no more than 2 hours per day.

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

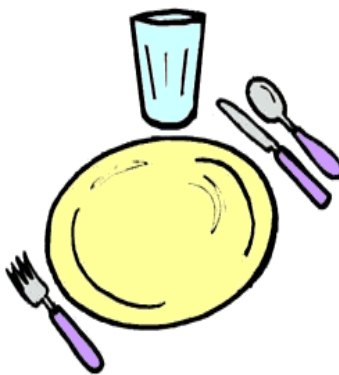
Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhfs.wisconsin.gov for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Make Mealtime a Family Time

The "magic" of family dinners is grounded in research on the physical, mental and emotional benefits of regular family meals. The recent Department of Public Instruction Youth Risk Behavior Survey of 5,410 youth in grades 7th through 12th in Southwest Wisconsin revealed that 41% of 12th graders reported they ate with their families less than 4 times per week. As children get older, they are less likely to eat together with their families.

(www.cesa3.org/yrbs.html)



How parents can help—

Cook Together - Let children (of all ages) plan, shop for, prepare, set the table, and clean up. They will begin to learn important everyday skills.

Eat Together - Regular family meals have been linked to higher grade-point averages, lower rates of substance abuse, teen pregnancy, eating disorders and depression.

Talk Together - Talking together at the dining table helps children practice communication skills, learn new vocabulary and practice listening. Turning off TV and phones makes mealtime a special time.

Life may seem hectic at times, but try to remember to take the time to cook together, talk together and always celebrate together. The health and well-being of today's youth depends on it.

Source: The Family Dinner Project

For more information on eating healthy at home, visit www.choosemyplate.gov or <http://fyi.uwex.edu/foodsense/> or contact



WIC & Health Check Clinics

(Immunizations given at all these clinics)

Apr 3rd—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Apr 8th—Boscobel United Methodist Church from 9:30am to 3:30pm

Apr 9th—Fennimore United Methodist Church from 9:00am to 3:30pm

Apr 15th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Apr 16th—Late Boscobel Tuffley Center from 2:00pm to 7:00pm

Apr 17th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Apr 22nd—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

Apr 23rd—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

Apr 24th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department is closed at noon on Friday, April 18th.

Be Safe In Floods

Did you know fast moving water just above your ankles can knock you off your feet?

Each year, more deaths occur due to flooding than from any other thunderstorm related hazard. Many of these deaths occur in automobiles as they are swept downstream.

Whether you are driving or walking, if you come to a flooded road, turn around. You won't know the depth of the water nor will you know the condition of the road under the water.

Most flash floods are caused by slow moving thunderstorms, thunderstorms that move repeatedly over the same area or heavy rains from tropical storms and hurricanes. These floods can develop within minutes or hours depending on the intensity and duration of the rain, the topography, soil conditions and ground cover.



How to be flood safe

If flooding occurs, get to higher ground. Get out of low areas that are more likely to flood

Listen to the news for weather related information.

Avoid areas already flooded. Do not attempt to cross flowing streams. **Turn Around Don't Drown!**

NEVER drive through flooded roadways. **Turn Around Don't Drown!** If your vehicle is suddenly caught in rising water, leave it immediately and seek higher ground.

Do not camp or park your vehicle along streams and washes, particularly during threatening conditions.

Be especially cautious at night when it is harder to recognize **flood dangers**.

Flash flood or flood watch: Flash flooding or flooding is possible within the designated watch area — be alert.

Flash flood or flood warning: Flash flooding or flooding has been reported or is imminent — take necessary precautions at once!

Urban and small stream advisory: Flooding of small streams, streets and low-lying areas, such as railroad underpasses and urban storm drains is occurring.

Source: National Oceanic and Atmospheric Administration

Stop Searching- Just Call!

With the Internet at our fingertips, it is tempting to go online to search for answers to our medical and poisoning questions. For many people the internet helps them avoid the fear and embarrassment of calling 911 or going to the ER. However, calling the Poison Help hotline at 1-800-222-1222 will connect you to experts at your local poison center who will answer any poison-related question. They provide the confidentiality of the Internet but with an immediate, expert answer.

Services Are:

Available 24 hours a day, 7 days a week

Free to the public

Confidential

Provided by specially-trained nurses,
pharmacists, or doctors

Available to people with hearing
problems.

In English and other languages

For life-saving treatment advice about any
kind of poison, anywhere in the United States
call **1-800-222-1222**.



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